



## Tai Chi Wu Style: Advanced Techniques for Internalizing Chi Energy

By Mantak Chia, Andrew Jan

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Tai Chi Wu Style: Advanced Techniques for Internalizing Chi Energy, Mantak Chia, Andrew Jan, Following the flow of chi energy, rather than directing it as in traditional Tai Chi, Wu-Style Tai Chi focuses on internal development, seeking to conserve chi energy and gather jin power from the Earth through the tan tien. Centered on a "small frame" stance--that is, feet closer together and arms closer to the body--and a slower progression of movements in solo practice, Wu Style offers a gentle Tai Chi form for beginners and, when practiced with a partner, a grounding introduction to martial arts boxing and Fa Jin (the discharge of energy for self-defense). The more functional stance, smaller movements, and conservation of internal energy make Wu-Style Tai Chi ideal for older practitioners as well as those with health disabilities. Condensing the 37 movements of Wu Style into 8 core forms, Master Mantak Chia and Andrew Jan illustrate how to build a personal short-form Wu-Style Tai Chi practice. They explain how Wu-Style Tai Chi removes energetic blockages and helps to elongate the tendons, reducing stiffness and allowing the limbs to return to their natural length...

**DOWNLOAD**



 **READ ONLINE**  
[ 5.55 MB ]

### Reviews

*A new electronic book with a new perspective. Better then never, though i am quite late in start reading this one. Your life period will be change the instant you comprehensive looking at this pdf.*

-- **Dr. Constantin Marks II**

*Completely among the best pdf I actually have possibly read through. It is probably the most awesome pdf we have read. You wont really feel monotony at whenever you want of your time (that's what catalogs are for about in the event you ask me).*

-- **Prof. Martine Lesch**